

Things to Eat

All fruit: fresh, frozen, juiced, or canned

All vegetables: fresh, frozen, dried, juiced, or canned

Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

All nuts & seeds

All legumes: canned or dried

Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils

Olive, canola, grape seed, peanut, and sesame

Some Beverages

Natural fruit juices, spring water, distilled water, other pure waters.

Things to Avoid Eating

All meat and animal products

All dairy products

All sweeteners

All leavened bread

All refined and processed food products

All deep-fried foods

All solid fats

Some Beverages

coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Other things to consider Fasting from

Social Media

Gossiping

Hurtful/Harmful words

Gambling

Negativity



2021

21 Days of Fasting & Praying **Mediation Guide**

Daniel 1:8-16 (NRSV)

But Daniel resolved that he would not defile himself with the royal rations of food and wine; so he asked the palace master to allow him not to defile himself. Now God allowed Daniel to receive favor and compassion from the palace master. The palace master said to Daniel, "I am afraid of my lord the king; he has appointed your food and your drink. If he should see you in poorer condition than the other young men of your own age, you would endanger my head with the king." Then Daniel asked the guard whom the palace master had appointed over Daniel, Hananiah, Mishael, and Azariah: "Please test your servants for ten days. Let us be given vegetables to eat and water to drink. You can then compare our appearance with the appearance of the young men who eat the royal rations, and deal with your servants according to what you observe." So he agreed to this proposal and tested them for ten days. At the end of ten days it was observed that they appeared better and fatter than all the young men who had been eating the royal rations. So the guard continued to withdraw their royal rations and the wine they were to drink, and gave them vegetables.

"Dream Again!"

Happy New Year,

I pray that 2021 is off to a peaceful and blessed start for you and yours. We have so many things to be thankful for. As we await the possibilities what this year will bring, I'm excited about our 2021 theme: "Dream Again", as well as ready for our "21 Days of Fasting and Praying."

As we begin our journey throughout these next 21 days, be prayerful about those things that keep you from connecting with God as you should. Ask for God's help in strengthening your relationship by setting aside time daily to meditate on the provided passages of scriptures and other outlined prayer concerns of your heart. In addition, use this time to intercede for others.

Now, let us journey together and listen closely as God speaks!

In God's Service,



Pastor Corey B. Gibson

Day 1, January 24, 2021

1 Corinthians 6:19-21

Pray for strength during this journey

Day 2, January 25, 2021

Matthew 6:16-18

Pray for clarity during the 21 days

Day 3, January 26, 2021

Isaiah 58:5-7

Pray for a spirit of selflessness

Day 4, January 27, 2021

Psalms 28:6-7

Pray for strength

Day 5, January 28, 2021

Matthew 6:34

Pray for release of your worries

Day 6, January 29, 2021

Philippians 1:6

Pray for focus

Day 7, January 30, 2021

Ezra 8:21-23

Pray for God's protection

Day 8, January 31, 2021

Acts 13:2-3

Pray for authentic worship

Day 9, February 1, 2021

Hebrews 11:6

Pray for increased faith

Day 10, February 2, 2021

Mark 10:43-45

Pray for a servant's heart

Day 11, February 3, 2021

John 10:18

Pray for release

Day 12, February 4, 2021

Matthew 24:14

Pray for the furtherance of the Gospel

Day 13, February 5, 2021

John 10:16

Pray for Pastors

Day 14, February 6, 2021

Mark 11:5-17

Pray for the Church

Day 15, February 7, 2021

Acts 13

Prayer for our neighborhoods

Day 16, February 8, 2021

Acts 1:8

Pray to increase your witness for Christ

Day 17, February 9, 2021

Matthew 28:18-19

Pray to be a better disciple

Day 18, February 10, 2021

John 20:21

Pray for peace

Day 19, February 11, 2021

Matthew 9:37-38

Pray for steadfastness

Day 20, February 12, 2021

Isaiah 61:10-11

Pray for spiritual growth

Day 21, February 13, 2021

Daniel 10:3, 11-12

Pray to hear God's voice